

HollyDELL School Nutrition Policy 2017-2018

The HollyDELL Board of Directors recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. The board is committed to:

- Providing students with healthy and nutritious foods;
- Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- Supporting healthy eating through nutrition education; (See HollyDELL Wellness Policy for Goals and Teacher Resources)
- Encouraging students to select and consume all components of the school meal; and
- Providing students with the opportunity to engage in daily physical activity.

AH reimbursable meals will meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

The following items may not be served, sold or given out to students anywhere on school property at any time before the end of the school day:

- Foods of minimal nutrition value (FMNV) as defined by U.S. Department of Agriculture regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient; and
- All forms of candy.

Our school will reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

All snack and beverage items sold or served anywhere on school property during the school day, including items in school store (if we create one for the students) shall meet the following standards:

1) Based on manufacturers nutritional data or nutrient facts labels:

- No more than 8 grams of total fat per serving, with the exception of nuts and seeds.
- No more than 2 grams of saturated fat per serving.

2) All beverages shall not exceed 12 ounces, with the following exceptions:

- Water.

- Milk containing 2% or less fat.
- 3) Whole milk shall not exceed 8 ounces.

In elementary schools:

- 100% of all beverages offered shall be milk, water or 100% fruit or vegetable juices.

In middle and high schools:

- At least 60% of all beverages offered, other than milk and water, shall be 100% fruit or vegetable juices.
- No more than 40% of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations. Fundraisers are also exempt from this policy as the children do not sell the items.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

Adequate time shall be allowed for student meal service and consumption. Our school will provide a pleasant dining environment within the classroom. Teachers/Therapists will be encouraged to have students be physically active (if able) during lessons and therapy sessions.

The school's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Student Learning Standards. Resources for instruction are attached.

The HollyDELL Board of Education is committed to promoting the Nutrition Policy with all those who serve food, teachers, nurses, therapists, and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. HollyDELL also has a Feeding Policy that was developed by our speech therapists in order to determine feeding issues and any necessary intervention. We will continue to bring awareness of our policies to teachers and therapists (through training) and to students and parents (through information/projects sent home by teacher).